

Home SAFE Initiative:



2. Increase Lighting

The following checklist can help older adults reduce their risk of falling at home:

- **Ambient lighting** that is uniform within a room and from one room to another. Why? Because older eyes take longer to adjust to changes in light levels.
- **Higher levels of light.** Why? Because normal age related changes within the eye restrict the light coming in and absorb the light -- so more light is needed to compensate.
- **Glare-Free light.** Why? Light scatters within the eye causing an increased sensitivity to glare and the loss of the ability to see subtle details at lower light levels.
- **Light that helps you distinguish colors.** The lens of the eye yellows with age, so proper lighting can help compensate.
- **Light fixtures that do not flicker or hum,** such as the problems caused by older fluorescent lights that use magnetic ballasts. Fluorescent fixtures with high-frequency electronic ballasts do not have these problems.

Falls are Preventable!



Connect People to Opportunities

To learn more, visit

www.bho2020.org/home-safe

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